



# Vermont Suicide Prevention Center Impact Report 2015

Reach Out! Speak Out!

Moving the needle from crisis  
to prevention and support

# Vermont Suicide Prevention Center Overview

The Vermont Suicide Prevention Center (VT-SPC) is a program of the Center for Health and Learning (CHL). In collaboration with the Vermont Department of Mental Health, and by working with key organizations and individuals engaged in the Vermont Suicide Prevention Coalition, the program aims to continue to build statewide capacity and systems for addressing suicide prevention within a mental health promotion framework.

## Suicide Prevention Goals

- 1) Continue to build infrastructure in Vermont around suicide prevention and substance abuse prevention through collaboration across a broad spectrum of individuals, agencies, institutions, and groups that have not previously been involved, to ensure that suicide prevention efforts in Vermont are comprehensive and sustainable.
- 2) Increase public awareness of suicide as a public health problem, including that it can be prevented, and promote mental health, substance abuse and suicide prevention, intervention and treatment strategies.
- 3) Promote and support the implementation of effective evidence-based suicide prevention and early intervention programs and strategies in every Vermont middle school and high school, as well as communities and Vermont institutions of higher education in order to prevent suicide among Vermonters.

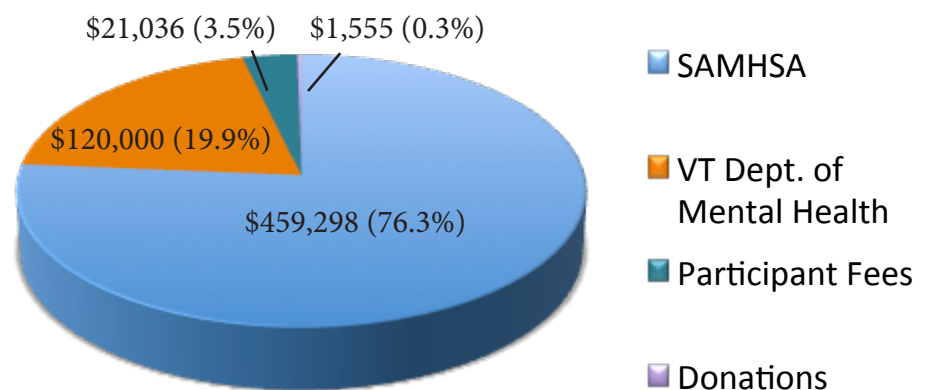


The VT-SPC nearly doubled the number of people trained in suicide from 2013 to 2014, from 331 to 632

NAME of TRAINING	NUMBER TRAINED
* Umatter for Schools	45
* Umatter for Community Professionals (Prevention and Postvention)	133
* Umatter for Youth and Young Adults	126
* VT Suicide Prevention Symposium	95
* Umatter for Community Awareness	27
* Supporting Queer Youth	100
* Suicide Prevention Institutions of Higher Education Capacity Building	24
* Webinars	32
* Zero Suicide	50

Total Trained: 632

## Vermont Suicide Prevention Revenue Sources





# Umatter™ Suicide Prevention Programs and Evaluation

The Vermont Prevention Model provides a foundation for the messaging of *Umatter™ Suicide Prevention*. The programs seek to highlight the role that Gatekeepers play in supporting individuals and in the wider community. A Gatekeeper, typically, is an adult who is aware of the warning signs of suicide, knows how to get help, and is willing to refer a person with suicidal thoughts to someone else for more assistance. As an adult with knowledge and skills in suicide prevention, “you matter” in the lives of people who are at risk. *Umatter™* also reinforces the idea that all people, whether or not they believe it in the moment, lead lives of purpose and meaning that are significant to those who surround them. As a person in today’s society, “you matter,” and you can make a difference in the lives of others.



An evaluation of the VT-SPC’s suicide prevention efforts is done on a yearly basis to assess the current training approaches and to better prepare for and meet future needs. Pre and post-training assessment surveys are conducted at every *Umatter™* training throughout the state by the Vermont Child Health Improvement Program (VCHIP), who analyzes and compiles the data.

## Umatter for Youth and Young Adults™ Mental Health Wellness Promotion

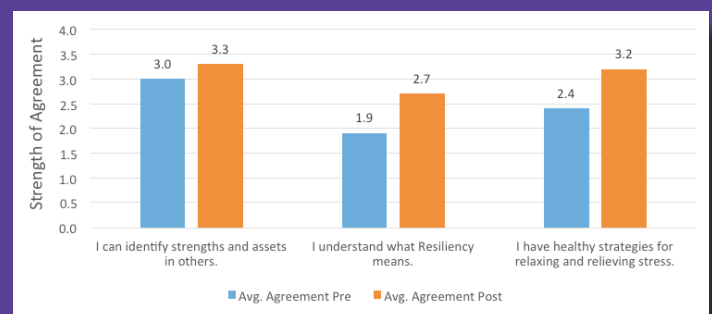
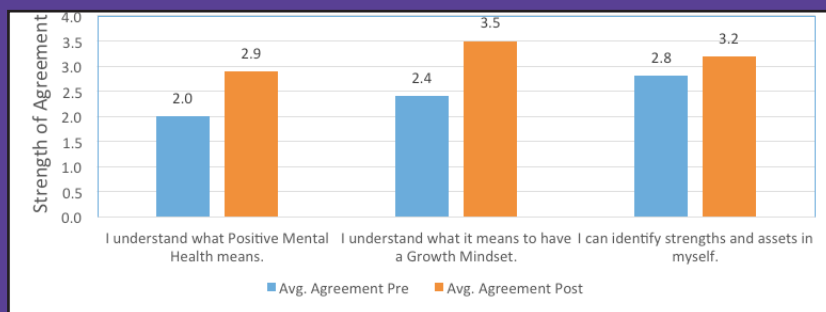


The *Umatter for Youth and Young Adults™* training event was designed to help young participants from throughout Vermont to develop their leadership skills and begin designing youth/young adult initiated projects to promote mental health in their home communities.

Data from the assessment tool suggest that young people who participated in the *Umatter for Youth and Young Adults™* event made substantial changes in their knowledge related to mental health, resiliency, having a growth mindset and healthy ways of dealing with stress.

Overall, the data supports the conclusion that young people who attended the *Umatter for Youth and Young Adults™* program benefited from the content, both in terms of their specific knowledge and having healthy/helpful attitudes related to mental health and promoting mental health in their communities.

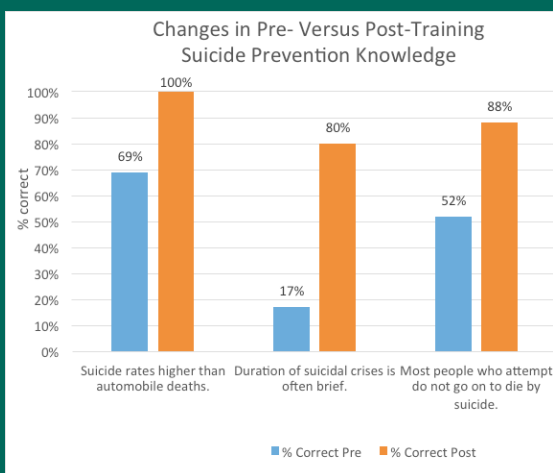
### Changes in Pre- vs Post-Event Youth Assessment Scores



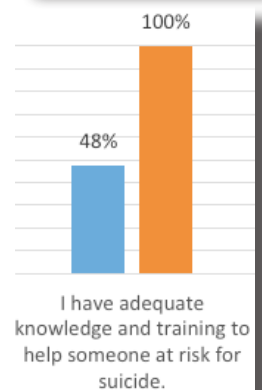
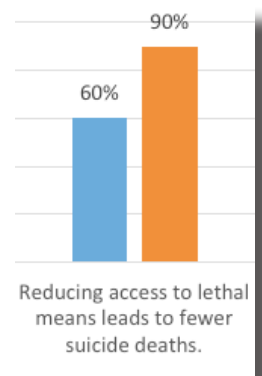
# Umatter for Communities™ Suicide Prevention



The *Umatter for Communities™* Suicide Prevention training is aimed at training teams from multiple community-based services, organizations, and perspectives. The professionals that come together encompass law enforcement, first responders, health care, mental health, substance abuse, educators, youth-serving faith leaders, and social services. Professionals are provided Vermont-specific protocols for their profession. Of the 69 people who participated in this survey, 76% had previously been part of a response to a suicide or suicide attempt, while only 18% indicated they had previously been trained on suicide prevention.



Participants had significantly greater levels of suicide-related knowledge following the training. Overall, comparisons of the pre- versus post-training assessments from the *Umatter for Communities™* Suicide Prevention training events suggest there were strong improvements with regards to many of the topics addressed in the trainings. Looking at changes in knowledge, there were substantial increases for at least four of the items: duration of suicidal crises, people who attempt suicide do not usually go on to die by suicide, effectiveness of reducing access to lethal means and people at risk for suicide should not be left alone. Among attitude items, notable increases were seen regarding feeling confident to respond to a person at risk for suicide, having adequate knowledge about responding and feeling that suicide prevention is a priority in their community.

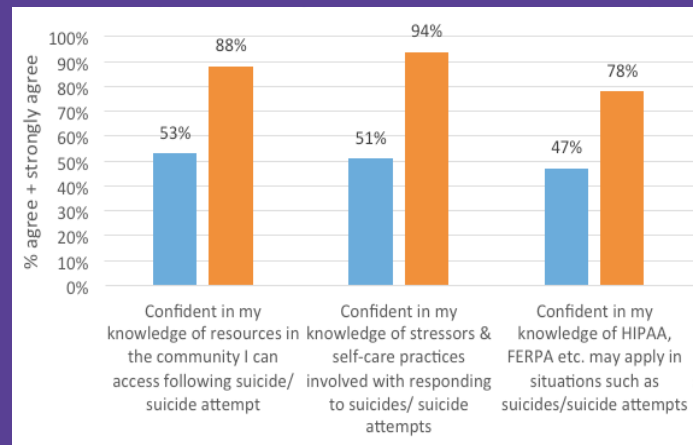
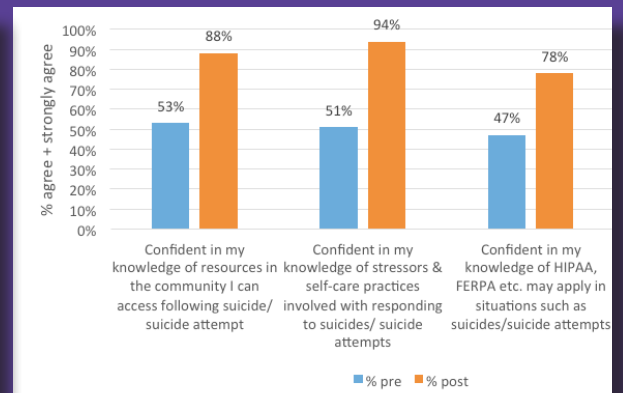
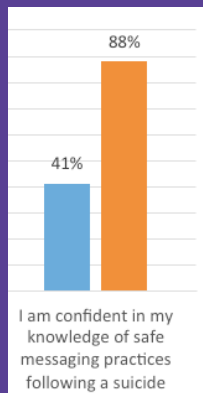




# Umatter for Communities™ Suicide Postvention

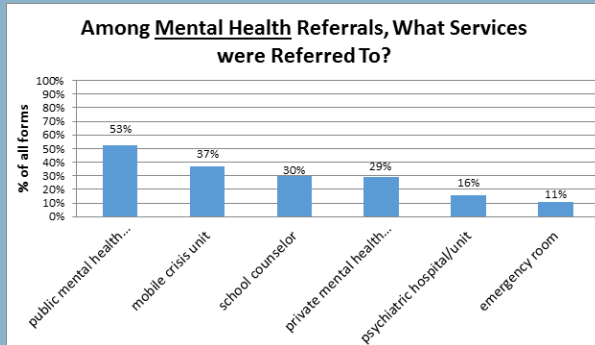
The *Umatter for Communities™* Suicide Postvention is a day-long training which was developed to meet needs in Vermont communities that have experienced suicide but that lack knowledge and other resources associated with an effective postvention approach. Similar to the *Umatter for Communities™* Prevention training, the *Umatter™* Postvention training was designed for multidisciplinary, community-based teams that include members from different services and programs, but who ideally would be involved with a coordinated response to suicide. Professionals are provided Vermont-specific protocols for their profession.

Anecdotally, many training participants expressed a high level of enthusiasm for developing further partnerships and collaboration with the cohorts in different roles, one example being a law enforcement officer who was able to interact with local mental health providers about a recent crisis the community had faced, and to talk over their different approaches to the crisis.

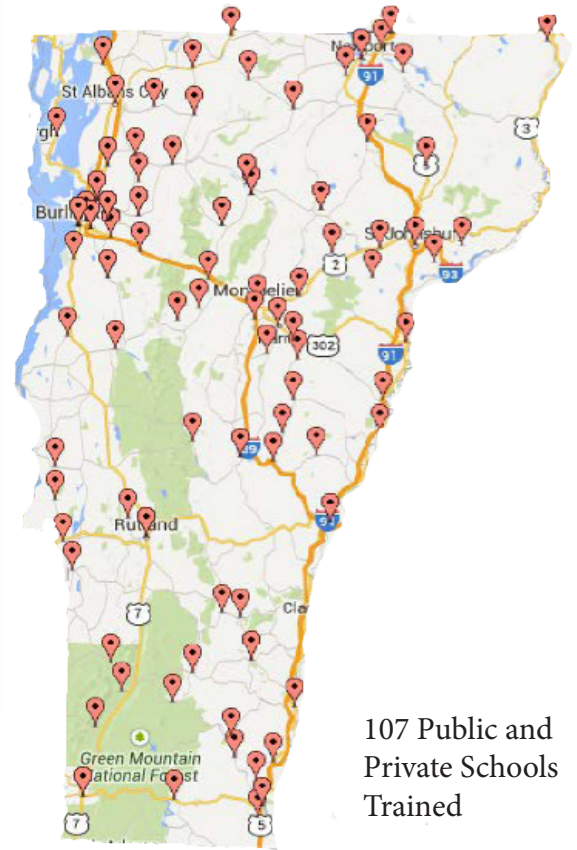


# Umatter for Schools™ Suicide Prevention

*Umatter for Schools™* is a nationally designated best practice program for suicide prevention planning developed by Center for Health and Learning. These trainings are created for Vermont middle and high schools to meet the requirements of Vermont state law. Early Identification, Referral and Follow-up (EIRF) data is collected by VCHIP from schools that have participated in *Umatter for Schools™* trainings. EIRF forms are filled out by school personnel about situations in which a young person was identified as being at risk for suicide or a suicide attempt, and follow-up information about referrals relating to the situation are submitted later.



Schools Trained in  
*Umatter for Schools™* (2010-2014)



107 Public and  
Private Schools  
Trained



## Public Information Campaign

The VT-SPC has created a website ([vtspc.org](http://vtspc.org)) to disseminate information to the public and is on social media sites such as facebook ([facebook.com/VTSuicidePrevention](https://facebook.com/VTSuicidePrevention)) in order to connect with a wider audience. The *Umatter™* public information campaign includes print, radio, and social media geared toward cultivating community. The [umatterucangethelp.org](http://umatterucangethelp.org) website is designed to reach youth, to promote help-seeking behavior and build resiliency. A *Umatter™* companion site for adult helpers, [umatterucanhelp.org](http://umatterucanhelp.org) provides information and resources about risk factors, warning signs and what to do to help a young person in a mental health crisis.





# Other Suicide Prevention Trainings

## Vermont Suicide Prevention Symposium

This cross-agency statewide event brings together professionals across all sectors for a day of learning from national experts on critical topics and skills in suicide prevention.

Save the Date!

### Vermont Suicide Prevention Symposium

Sponsored by the Vermont Department of Mental Health and the VT Suicide Prevention Center, a program of the Center for Health and Learning under the advisement of the Vermont Suicide Prevention Coalition.

**U matter**

May 28, 2014 - Killington  
8:30 am - 4:00pm

**\$75 Includes materials, breakfast and lunch**  
**CEUS Pending**

Vermont's suicide rate across all ages is well above the national average:  
**National = 12.4 Vermont = 16.9**  
(Rate is per 100,000 people, Source: American Association of Suicidology, 2010)

We can prevent suicide when Vermonters are prepared to respond to suicidal behavior. The Vermont Suicide Prevention Center's mission is to build a foundation for healthy communities by expanding knowledge of suicide, providing information, and training the school and community workforce.

Join us if you work in:

- government
- law enforcement
- health care
- social services
- mental health
- faith & funeral services
- public health
- fire & rescue
- emergency care
- youth services
- counseling
- schools

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**Worried about someone?**

REGISTER: [www.healthandlearning.org](http://www.healthandlearning.org)  
EMAIL: [info@healthandlearning.org](mailto:info@healthandlearning.org) OR CALL: 802.254.6590

**CHI**



## Zero Suicide



Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems and also a specific set of tools and strategies. It is both a concept and a practice. Its core proposition is that suicide deaths for people under care are preventable and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept. This training focuses on why using evidence-based care that focuses on treating suicide directly is essential and will discuss two highly researched models of treatment: Collaborative Assessment and Management of Suicidality (CAMS) and Dialectical Behavior Therapy (DBT).

## Supporting Queer Youth

LGBTQ youth are at particularly high risk for mental health problems that adults may not feel well equipped to navigate. Even the use of the word “queer” can be surprising and/or off-putting to adult professionals, while in youth culture this has become common parlance. This one day training walks participants through three intertwined workshops that build on each other: Queer 101, How to be an Ally to Queer Youth, and the Trevor Project Suicide Prevention C.A.R.E. training.



## Vermont Suicide Prevention Coalition Members

- American Foundation for Suicide Prevention, Vermont Chapter
- Brattleboro Retreat
- Brattleboro Union High School
- Center for Health and Learning
- Clara Martin Center
- Counseling Service of Addison County, Inc.
- Fletcher Allen Health Care
- Green Mountain Crossroads
- GunSenseVT
- Hardwick Area Community Justice Center
- Hartford High School
- Health Care & Rehabilitation Services
- Howard Center
- Howard Center – First Call for Children and Families
- Lamoille County Mental Health Services
- National Alliance on Mental Illness- VT
- Northeast Kingdom Human Services
- Northern New England Poison Center
- Northwestern Counseling & Support Services
- Outright Vermont
- Rutland Mental Health Services
- St. Johnsbury School
- Survivors
- United Counseling Services
- University of Vermont
- University of Vermont, Center for Health and Well Being
- University of Vermont College of Medicine
- US Department of Veterans Affairs, White River Junction
- VAMH- Friends of Recovery VT
- Vermont 2-1-1
- Vermont Agency of Education
- Vermont Agency of Human Services
- VAHS Department of Vermont Health Access
- Vermont Child Health Improvement Program
- Vermont Correctional Academy
- Vermont Council of Developmental & Mental Health Services
- Vermont Department of Children and Families
- Vermont Department of Corrections
- Vermont Department of Disabilities, Aging and Independent Living
- Vermont Department of Health
- VDH Division of Alcohol and Drug Abuse Programs
- VDH Division of Maternal and Child Health
- Vermont Department of Mental Health
- Vermont Federation of Families for Children's Mental Health
- Vermont National Guard Military Family Services
- Washington County Mental Health
- Youth in Transition



**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



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